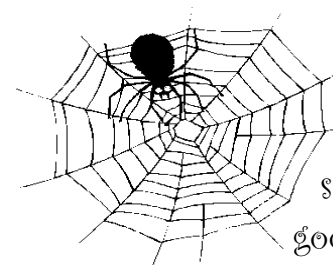


Sugar



Trick-or-Treat
(Try handing out some of these low-fat goodies this year.)

Ideas about sugar that aren't true...

- * **Causes diabetes** – This was proven wrong by scientists years ago, yet many still believe it today. There are many complex causes of diabetes (genetics, getting old, obesity, illness). We do not know all of the causes, but eating too much sugar is not one of them.



- * **Makes you fat** – Eating too many calories from any source will cause you to gain weight or put on extra body fat. Eating sweets does not cause you to crave more. In fact, those with weight problems tend to eat less sugar and more fat. Sweet flavors can make low-calorie foods more desirable.



- * **Linked to hyperactivity** – There has been no scientific proof to this theory. Experts think that hyperactivity in children is more related to what's happening around the child, such as the excitement of a party or event.



- * **Triggers Hypoglycemia (low Blood Sugar)** – This theory is not likely, because true hypoglycemia is rare (although many think they have it). People falsely blame anxiety, headaches, and chronic fatigue on hypoglycemia from eating sugar.



- * Cereal Boxes (single servings)
- * Pretzels or Baked Chips
- * Dried Fruit
- * Fresh Fruit
- * Sugar-Free Gum
- * Lifesavers or Lollipops
- * Fortune Cookies
- * Licorice
- * Jelly Beans
- * Gum Drops or Jelly Candies
- * Low-fat Cookies (single serving)
- * Low-fat granola or Cereal Bars

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October

Halloween Brew

2 cups apple juice
1/2 cup orange juice
1/4 tsp ground cinnamon
2-3 whole cloves

1. Mix all ingredients in a saucepan.
2. Simmer over low heat for 20-30 minutes.
3. Remove the cloves & allow brew to cool slightly before pouring into cups. Makes 5 small servings.

**Great with cookies after a night of trick-or-treating.

NEP

Nutrition Education Program for Families

SUN	MON	TUE	WED	THU	FRI	SAT
				Drink 100% fruit or vegetable juice.		
			Have your favorite fruit for dessert. (Apples are fresh, crisp, & delicious in October.)			
		Use dried fruit to make a trail mix to snack on.				
	Snack on fruits and vegetables instead of candy.					
Top your cereal off with fresh or dried fruit in the morning.						